



**Ship Shape Program** is the official Navy weight management program that assists active duty Sailors and Marine Corps personnel, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight loss; mindset, nutrition, and physical activity.

**Tobacco Cessation American Cancer Society Fresh Start Program** - 4 week program consisting of education on tobacco facts, nicotine pharmacology and addiction, stages of change, stress management, and relapse prevention.

**Nutrition and Weight Loss Individual Counseling** - 4 week program provided by a certified health educator and personal trainer consisting of a complete body fat analysis, nutritional assessment, and fitness plan.

Services are available to active duty Navy and Marine, Family Members, Retirees and Tri-Command Employees. It is our goal to service the military community in excellence while supporting awareness of life long healthy lifestyles. We welcome walk-ins as well as individual sessions by appointments.

**Department Head**  
LCDR Peter Seguin, MD, MPH, MA  
228-5314

**Health Promotion  
Wellness Coordinator**  
Ivette Moore, MS, CHES,  
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**Health  
Promotions**

**Naval  
Hospital  
Beaufort**

**(843) 228-5344 or (843) 228-5486**

# “Encourage a Culture of Healthy Lifestyles”

## *Vision*

Health Promotion is any combination of health education and related organizational, social, economic, or health care interventions that will improve or protect health.

## *Mission*

“Encourage a culture of Healthy Lifestyles”

## *Sessions Offered*

- ♦ Shipshape
- ♦ Physical Fitness
- ♦ Injury Prevention
- ♦ Tobacco Cessation Freshstart
- ♦ Nutrition & Weight Management
- ♦ Fitness Evaluation & Counseling
- ♦ Micro-Fit Body Fat Analysis

## *Health Promotions*

### *Hours of Operation*

**Monday - Friday**  
0800-1630

**Fitness Center**  
**Hours of Operation**

24 Hours a Day 7 days a week  
Location: 2<sup>nd</sup> Deck South Wing

**Fitness Program**  
Cardiovascular and strength equipment  
Fitness evaluation and instruction